



May 2014

# The Park Bench

Seniors in the Park Newsletter

## INDEPENDENT LIVING EXPO

Thursday, May 1 1:00—3:00

### Downtown Armory

The *Independent Living Expo* will provide simple strategies for living well, staying independent, planning for the future, getting involved in the community, and discovering local resources. There will also be a door prizes for a gift card, free memberships, goodie baskets, and more. Services provided will include blood pressure screenings, samples from a local chef, volunteer opportunities, and information on senior fraud, Alzheimer's and dementia, and immunizations. Some local businesses include: AARP, Aging and Disability Resource Center, Brightstar, Mulberry Glen, Home Health United, Pleasant Transitions, Whitewater Makerspace, Saint Jude Hospice, Fairhaven Senior Services, Walworth County Veteran Services, Law Offices of Gretchen J. Burgess, Vintage on the Ponds, Edward Jones, Willowfield Nursing and Rehab Center, Wisconsin Senior Medicare Patrol, Home Instead Senior Care, Riverview Manor, Whitewater Aquatic and Fitness Center, and Curves for Women. Don't miss out on this great event!



Volume XIV Issue 4

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## OLDER AMERICANS MONTH

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our

nation's commitment to helping them stay healthy and active.

This year's theme is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

*Seniors in the Park Promotes & Enhances a Vital Aging Community*

# Classes and Activities

## ARE YOU AT RISK?

**May 15, 3:00 pm**

You may have heard about other risk factors such as having someone in your family with breast cancer or having an inherited breast cancer gene mutation. But the truth is: *Most* women with breast cancer don't have these or other risk factors. Their only risks are being a woman and getting older. That's why it's important to learn what you can do....

Join Sandy Mascari-Devitt of Mercy Breast Health, for a presentation that encompasses basic breast health education, risk factors, self-awareness, and recommended screening guidelines. Topics include:

- \* Basic breast health education for both women and men
- \* Breast self awareness for both women and men
- \* Breast cancer statistics for both women and men
- \* Breast screening guidelines
- \* Breast cancer risk factors
- \* Breast cancer myths
- \* What should you know/what should you be doing
- \* Breast health education material handouts.

RSVP by May 12

## SENIORS GOLF LEAGUE

**Oak Ridge Golf Course on Bowers Lake Road, Milton**

Golfers must be 60 years old as of April 7 or spouse must be 60. Tee times are at

8:30 am, flag prizes are awarded weekly, and there is a luncheon to conclude the season. For more information, contact Vicki Flitsch, 608-884-3586, or Bill Holcomb, 362-495-2273.

Membership Fee: \$6.00



## COMPUTER TUTOR

Bring your own laptop or tablet, and get tutoring on Internet, E-mail, Word, Excel, Pictures, or general topics. Please tell us what you want assistance with, when registering for your session.

Instructor: Lyle Hunter

**Dates: May 5, 8, 13, 14, 19, 20, 28, or 29.**

Time: 9:30 am

Cost: \$5.00 residents

\$6.25 non-residents

## TAKE YOUR BRAIN FOR A WALK

An outdoor walk to stimulate your visual senses and cognitive skills. The pace will be set to allow participants to walk safely while performing the activities. The walk will last approximately 45 minutes, including a cool down and stretch. Poles are recommended.

Session 1: Wed. May 21, 10:00 am  
Class #: 5304.21 Deadline: Wed. May 14  
Fee: \$2.00 Min/Max: 6/15

Session 2: Wed. June 4, 10:00 am  
Class #: 5304.22 Deadline: Wed. May 28  
Fee: \$2.00 Min/Max: 6/15

Session 3: Wed. June 18, 10:00 am  
Class #: 5304.23 Deadline: Wed. June 11  
Fee: \$2.00 Min/Max: 6/15

## POLE WALKING INSTRUCTION

Turn your walk into a total body workout by using poles. Increase your cardio workout by 20% and calorie burn by up to 48% more! Lessen the impact on joints, naturally align your spine, and work your core. Thirty minutes of pole walking equals 50 minutes of regular walking. It's perfect for any age!

Session 1: Wed. May 21, 9:00 am  
Class #: 5301.21 **Deadline: Wed. May 14**  
Fee: \$8.00 Residents; \$10.00 Non-Residents  
Min/Max: 3/8 People  
Instructor: Deb Weberpal

Session 2: Wed. June 11, 1:30 pm  
Class #: 5301.22 Deadline: Wed June 3

Session 3: Wed. June 18, 9:00 am  
Class #: 5301.23 Deadline: Wed. June 11



## CAREGIVER SUPPORT GROUP TO BE FORMED

Are you a caregiver looking for some assistance or support on your journey of caring for a loved one? We would like to start a Caregiver Support group. Please contact Deb if you are interested in attending such a group. There is also information on a caregiver group facilitator training on page 13 for anyone interested in facilitating a group. Facilitator skills learned will be useful for any caregiver group.



## MOVIES: SPONSORED BY MULBERRY GLEN



### "August: Osage County"

Tuesday, May 13, 12:30 pm

Rated R, 2 hr.

Violet Weston (Meryl Streep) has cancer and a propensity for pills and alcohol. She's a difficult woman to deal with and her husband has finally had enough. Violet's family gathers including youngest daughter Ivy, middle daughter Karen (with her new fiancé), eldest daughter Barbara (with her separated husband and teenage daughter), and her sister Mattie Fae (with her husband and son in tow). A family tragedy causes tensions to run high and secrets to come out. The Weston women will be forced to examine themselves and their lives whether they want to or not. Welcome to Osage County, Oklahoma in the sweltering heat of August. Stars Meryl Streep, Julia Roberts and Dermott Mulrooney. Rated R for language.

### "Philomena"

Tuesday, May 27, 12:30 pm

Rated PG-13, 1 hour 38 min.

When former journalist Martin Sixsmith is dismissed from the Labour Party in disgrace, he is at a loss as to what do. That changes when a young Irish woman approaches him about a story of her mother, Philomena, who had her son taken away when she was a teenage inmate of a Catholic convent. Martin arranges a magazine assignment about her search for him that eventually leads to America. Along the way, Martin and Philomena discover as much about each other as about her son's fate. Furthermore, both find their basic beliefs challenged. Stars Judi Dench.



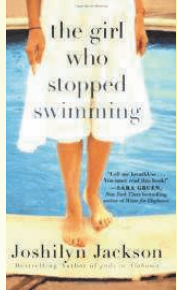
## BOOK WORMS

Monday, May 5, 10:30 am

The Book Club will discuss *First Family* by David Baldacci.

The book for June is *The Girl Who Stopped Swimming* by Joshilyn Jackson.

Lauren Gray Hawthorne needs to make things pretty, whether she's helping her mother keep family skeletons in the closet or sewing her acclaimed art quilts. Her estranged sister, Thalia, is her opposite, an impoverished actress who prides herself on exposing the lurid truths lurking behind middle class niceties.



While Laurel's life seems neatly on track --- a passionate marriage, a treasured daughter, a lovely suburban home --- everything she holds dear is threatened the night she is visited by the ghost of her 13-year-old neighbor Molly. The ghost leads Laurel to the real Molly, floating lifelessly in the Hawthorne's backyard pool. Molly's death is an unseemly mystery that no one in her whitewashed neighborhood is up to solving. Laurel enlists Thalia's help, even though she knows it comes with a high price tag.

Together, they set out on a life-altering journey that triggers startling revelations about their family's haunted past, the true state of Laurel's marriage, and the girl who stopped swimming.



## PICKLEBALL



Pickle Ball is a fun, social, easy-to-learn game that is a cross between badminton, table tennis, and tennis. It is played

on a smaller court, with large paddles and a wiffle-like ball. You don't need to be athletic or strong to play. Show up for open play. People are rotated in and out to play and learn.

Where: Downtown Armory gym

Day/Time: Monday,

Wednesday, & Friday:

12:30—2:30 pm

Tuesdays: 9:00-11:00 am

## FUN & GAMES

### **Bid Euchre:**

Mondays 1:00 pm

### **Canasta:**

1st, 3rd & 5th Monday 1:00 pm

### **Dominoes**

First Tuesday 11:45 am

### **Ladies Texas Hold 'em Poker:**

1st & 3rd Wed. 1:00 pm

### **Mah Jongg**

Mondays, 1:00 pm

### **Scrabble**

First Thursday, 1:00 pm;

Third Tuesday, 10:00 am

### **Sheepshead:**

Tuesdays, 1:00 pm

## LINE DANCE CLASS

**June 18-July 23, 2:00—3:00 pm**

### **Downtown Armory Dance Studio**

Kick up your heels and have fun with Line Dance

Instructor Nancy Wensch. She loves teaching all levels of students and making dancing fun for them.

Session 2: June 18 -July 23

Class # 5305.22 **Deadline: Thursday, June 17**

Fee: \$24.00 residents; \$30.00 non-residents

(Class must be paid for by the deadline at the Community Building or online at [wwparks.org](http://wwparks.org))



## "FUN"CTIONAL FITNESS

**Monday and Thursdays, 9:30-10:30 am**

Open the door to greater independence and a healthier life with "fun"ctional fitness. Fitness

instructors, Mary Zordell and Linda Geske, will lead

you through a dynamic routine to promote coordination, balance, strength, and flexibility. Hand weights, tubes, leg weights, and weighted bars are all part of the fun. All levels of ability are welcome. Activities are adapted to individual needs.

Cost: \$1.00 per class or purchase 16-class punch card for \$16.00



## ZUMBA GOLD® AND MORE!

**Wednesdays, 12:45 pm**

### **Downtown Armory Dance Studio**

Zumba is a fun and energizing workout. Get your party on!

Instructor: Lynette Brown

10-class punch card: \$40.00 Res., \$50.00 Non-Res (do not expire) or \$5.00 walk-in pass. Pay in advance at the Starin Park Community Building.

There are also several other Zumba® classes through Parks and Recreation, Monday through Thursday evenings and Saturday mornings. Check it out at [www.wwparks.org](http://www.wwparks.org) or pick up a Winter/Spring brochure at the park, city hall or ILY Library.

## WALK AWAY THE POUNDS—INDOORS

**Wednesdays, 10:00 am**

Low impact, easy to follow INDOOR walking class. Walk anywhere from 1-4 miles indoors and firm up your midsection with a walking DVD. This class is safe for all ages and fitness levels.

**All Seniors in the Park activities are held at the Starin Park Community Building, 504 W. Starin Rd, unless stated otherwise.**

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## Cancer Information Service



**1-800-4 CANCER**

Trained staff member or volunteer gives confidential answers  
to caller questions on a variety of subjects from cancer  
detection and treatment to coping with this disease.



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**262-473-1011**

## DELANEY'S AND DEVIL'S LAKE

### Monday May 19

Enjoy a scenic ride up to Delaney's, which is a surplus store with treasures galore and a special treat out back. Lunch will be at Ho-Chunk and then ride back through the Devil's Lake area. Tour leader is Tim Otterbacher. Depart Starin Park at 10:00 am.

Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us.

Helmets are recommended. Call with your email or phone number to text to, and we'll keep you current on upcoming rides and rain dates.



**Welcoming Seniors, Boomers and Adults of all ages to our programs and trips.**



## UPCOMING MOTORCYCLE RIDES

We will be offering rides out of Starin Park May through October. Meet new people and enjoy a day of sunshine with the wind in your face. See the Park Bench or call for more information or to be added to the email list. Other trips may crop up or if you have any ideas, let us know. Bruce Parker will try to have maps and mileage available for all trips. Rest stops will be approximately every 1 1/2 hours.

June 4: Auto Museum, Volo IL  
 June 22: Rockton Chicken BBQ, Wildcat Mountain\*\*  
 July 3: Honda Wing Ding Trade Show, Madison\*\*  
 July 23: Harley Davidson Plant, Milwaukee  
 Aug 20: Harley Museum/Miller Brewery, Milwaukee  
 Sept 15-16: Galena & Savannah IL (overnight)\*\*  
 Sept 27: Holy Hill and Fox & Hound

\*\*Advance registration is needed for these trips. The Honda Wing Ding reservation forms can be picked up at Starin Park or go online to: [www.wing-ding.org](http://www.wing-ding.org) and click on registration. The deadline is June 5. One day passes (\$22) can be purchased onsite but some events have limited tickets. There are educational classes, fun events, entertainment, safety courses and more. Watch the newsletter for other trip registration information and deadlines.

## ILLINOIS TRAIN MUSEUM

### Saturday, May 10

Ride to Union, Illinois and tour the Illinois Train Museum. There will also be a stop for lunch. We will depart the Starin Park Community Building at 10:00 am. The leader for this ride is Jim Harmon. Admission fee for the museum is \$14.00.

Riders must arrive prior to departure to show proof of insurance (card you should be carrying) and fill out a participation form, if this is your first ride with us.

Helmets are recommended. Call with your email or phone number to text to, and we'll keep you current on upcoming rides and rain dates.





Trips are open to adults of ALL AGES. For detailed itineraries on any of the extended trips, call 262-473-0535, send an email to [dweberpal@whitewater-wi.gov](mailto:dweberpal@whitewater-wi.gov), go to the city website at [www.whitewater-wi.gov](http://www.whitewater-wi.gov), (Departments, Seniors in the Park) or stop in to the Starin Park Community Building.

## “INSTRUMENTAL” CHICAGO

**Wednesday May 28**

“Treat Yourself” to four unique stops on this incredible trip to Chicago. Stroll through the Historic Garfield Park Conservatory. See how Violins, Violas, Cellos, and Basses are handcrafted from raw wood. The Westminster Chimes, heard throughout downtown Chicago, emanate from the Chicago Temple. We will visit the Chicago Temple and enjoy their 5,000 pipe organ which is monumental in its sound. Our fourth stop will be the studio of the remarkable Handcrafted Italian Faziola Piano, considered to be among the finest in the world. Find out the story behind the piano and why top-of-the-line performers consider it the best, to show off their talents. Your delicious lunch will be served in a charming French Bistro.

Fee: \$81.00

Deadline: Thursday, May 1

Depart: Fort K-Mart-7:00 am, Starin Park 7:30 am

Return (approx): Starin Park 6:30, Fort K-Mart 7:00 pm



## YOUR TRAVEL CAN BENEFIT SENIORS IN THE PARK

Seniors in the Park partners with Collette Vacations and Mayflower Tours. If you book a trip on your own with either company, please mention you are with Seniors in the Park. You may get a small discount, and we get credit toward our fundraising account. A great win-win for all!

## NEW VAN TRIP SYMBOL

Watch for this symbol on trips. It tells you it is a van trip. Seating is limited to 12-14 people depending on the trip. Signups are allowed after the signup date listed in the newsletter to make it fair for all.



## GLORIOUS GARDENS

**Thursday, June 26**

You'll be awe-struck by the natural beauty and serenity of Anderson Japanese Gardens, ranked the top Japanese garden in North America. Explore the 12 acres of this 12th

Century-style "pond-strolling" garden, with paths, pools, streams, lanterns, pagodas, waterfalls, and Sukiya-style buildings (guesthouse, gazebo, teahouse) with a tour guide. Tour last approximately 1 1/2 hours. Have lunch on your own at Capri (Italian). See the award-winning exhibit, Jane: Diary of a Dinosaur, which explores the history of the young T. rex skeleton found by Burpee Museum researchers, called one of the ten most important dinosaur discoveries in the past 100 years. In addition to other exhibits, you can watch museum staff working on specimens. Klehm Arboretum & Botanic Garden is a 155-acre "living museum" filled with spectacular gardens and rare trees. There is a 1.8 mile paved which path winds through the arboretum in addition to secondary chipped trails. Enjoy a day of beauty and wonder in Rockford.

Fee: \$31.00

Deadline: June 3

Depart Starin Park at 8:30 am; Return approx 6:00 pm



**Parallel 44 Vineyard**

**Checks for activities,  
classes and trips are made  
out to:  
City of Whitewater  
unless indicated otherwise.**

# Van Trips

## LUNCH BUNCH

**Thursday, May 8, 10:30 am**

Enjoy lunch at the Princess Restaurant in East Troy suggested by one of our diners. Stopping at Lauber's Old Fashioned Ice Cream Shop afterward.  
 Fee: \$5.00  
RSVP by Tuesday, May 5

## JANESVILLE OR OUTLET MALL SHOPPING

**Wed., May 7, 9:00 am**

Get picked up at your home and shop in Janesville. Participants decide where to shop. Bring a new friend and your ride is free!

**Pickups begin at 9:00 am.**

Fee: \$5.00

RSVP by Monday, May 5.

**June 4, we will be going to the Outlet Mall in Johnson Creek.**

## FIRESIDE 2014

2014 ticket price: \$63.00 (taxes, tip, and ticket fees all included!). Saves you up to 23% off individual tickets. Eighteen people is the minimum we must have for the trip to go. Invite your friends!

Payable to: The Fort Atkinson Sr. Ctr.

Transportation is on your own.

Arrive at 10:30 am. Lunch is at 11:15, and Show at 1:30.

**Thurs. June 12**— Driving Miss Daisy  
 Deadline May 8

**Thurs. September 25**—Les Miserables

Deadline: August 21

## MILWAUKEE BREWERS

**May 15, 2014**

It's Senior Citizen Day, and Pepsi products and Klement hot dogs are \$1.00. A 12:10 game against the Pirates.

Fee: \$35.00

Deadline: April 24

Departure time: 9:30 AM.

**Waiting List only**



## DISCOVER WISCONSIN

**Thursday, July 24 (New Date)**

Discover the Troll Way in Mount Horeb. They also have a lovely museum. It has been recognized as one of Wisconsin's finest local history museums with an award-winning exhibit that concentrates on Southwestern Dane County's ethnic evolution but also reflects on the history of the state. A Wisconsin Landmark, Cave of the Mounds, was accidentally discovered on August 4, 1939 when workers, who were removing high quality limestone from a quarry on the Brigham Farm, blasted into the Cave. The dynamite blast revealed a limestone cave more than twenty feet high, opening into other rooms and galleries, all containing numerous mineral formations. Bring a sweater or jacket as it is chilly underground! Lunch is on your own at Aunt Mary's Hooterville Inn. After a delicious lunch, we will have a tour and tasting at Botham Winery. The last stop is a unique experience. Nick Engelbert's Grandview. He was an Austrian-born dairy farmer, who, after visiting the Dickeyville Grotto, was inspired to create concrete sculptures. There will be walking on uneven ground and the cave tour has stairs and is about 2/3 of a mile in length. No walkers allowed. (Note: Little Norway will not open this season)

Fee: \$37.00

Deadline: June 24

Depart Starin Park at 8:00 am; Return approx 6:00 pm



## NON-RESIDENT INFORMATION

There is a non-resident fee programs for participants who do not reside in the Whitewater Unified School District. This fee will be an additional 25% of the listed program fee. This does not apply to trips in conjunction with other senior centers.







# Activity Calendar

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## May 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI/SAT/SUN
<p>Activities take place at the Starin Park Community Building unless otherwise noted. (A)=Downtown Armory (L)=Cravath Lakefront (OR)=Oak Ridge Golf Course</p>			<p><b>1 Happy May Day</b> 9:30 FUNctional Fit 1:00 Scrabble 1:00 Watercolor</p> <p><b>1:00—3:00</b> <b>Independent Living Expo (A)</b></p>	<p><b>2</b> 12:30 Pickleball (A)</p>
<p><b>5</b> 8:30 Golf (OR) 9:30 Computer Tutor 9:30 FUNctional Fit 10:30 Book Club 12:00 Senior Forum 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta</p>	<p><b>6</b> 9:00 Pickleball (A) 10:00 Culver's Bingo 11:15 Pot Luck 11:45 Dominoes 12:30 Foot Clinic 1:00 Sheepshead</p>	<p><b>7</b> 9:30 Janesville Shop 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess</p>	<p><b>8</b> 9:30 Computer Tutor 9:30 FUNctional Fit 10:30 Lunch Bunch</p>	<p><b>9</b> 12:30 Pickleball (A)</p> <p><b>10</b> <b>10:00 IL Train Museum Cycle Trip Departs</b></p> <p><b>11 HAPPY MOTHER'S DAY</b></p>
<p><b>12</b> 8:30 Golf (OR) 9:30 FUNctional Fit 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Massage Therapy</p>	<p><b>13</b> 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Mulberry Glen Bingo 12:30 Mulberry Glen Movie "August: Osage County" 1:00 Sheepshead</p>	<p><b>14</b> 9:30 Computer Tutor 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess</p>	<p><b>15</b> 9:30 FUNctional Fit <b>9:30 Brewers Trip departs</b> <b>3:00 Are You at Risk?</b></p>	<p><b>16</b> 12:30 Pickleball (A)</p>
<p><b>19</b> 8:30 Golf (OR) 9:30 Computer Tutor 9:30 FUNctional Fit <b>10:00 Delaney Cycle Trip Departs</b> 12:30 Pickleball (A) 12:30 Digital Stories 1:00 Mah Jongg 1:00 Bid Euchre 1:00 Canasta</p>	<p><b>20</b> 9:00 Pickleball (A) 9:30 Computer Tutor 10:00 Scrabble 1:00 Sheepshead</p>	<p><b>21</b> <b>9:00 Pole Waling</b> <b>10:00 Take Your Brain for a Walk</b> 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Ladies Poker 1:00 Chess</p>	<p><b>22</b> 9:30 FUNctional Fit</p>	<p><b>23</b> 12:30 Pickleball (A)</p>
<p><b>26</b> <b>CLOSED MEMORIAL DAY</b></p> 	<p><b>27</b> 9:00 Pickleball (A) 10:00 City Bingo 12:30 Mulberry Glen Movie "Philomena" 1:00 Sheepshead</p>	<p><b>28</b> <b>7:30 Chicago Trip Departs</b> 9:30 Computer Tutor 10:00 Indoor Walking 12:30 Pickleball (A) 12:45 Zumba Gold (A) 1:00 Chess</p>	<p><b>29</b> 8:30 Golf (OR) 9:30 Computer Tutor 9:30 FUNctional Fit</p>	<p><b>30</b> 12:30 Pickleball (A)</p>

# Walworth County Nutrition Menu

## May 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Persons 60 and over and their spouses are eligible. Suggested donation is <b>\$3.00</b>. To reserve a meal, call 473-0536, 9:30 to noon or 1-800-365-1587, ext 3333, by noon the day prior. Meal can be cancelled day of by 8:00am by calling the 800 number For more information about the Nutrition Program – Home Delivered Meals or Senior Dining, contact the Nutrition Program office at the phone number listed above.</p>			<p><b>1</b> Turkey and Chees Sub with Lettuce and Tomato Sub Bun Potato Salad Sliced Peaches Sugar Cookie</p>	<p><b>2</b> Breaded Fish Red Potatoes Broccoli Lemon Bars Rye Rolls</p>
<p><b>5</b> Baked Herb Chicken Thighs Mashed Potatoes Carrots Fruit Whip Salad Wheat Roll</p>	<p><b>6</b> Italian Wedding Soup Mediterranean Blend Vegetables Brussels Sprouts Cheesecake Bars Wheat Bread</p>	<p><b>7</b> Chicken Waldorf Salad Tossed Salad Mandarin Oranges and Pineapple Coleslaw Wheat Bread</p>	<p><b>8</b> Roast Beef and Gravy Red Potatoes Sliced Beets Strawberry Cake Dinner Roll</p>	<p><b>9</b> Hungarian Pork Goulash Egg Noodles Wisconsin Mixed Vegetables Squash Fruit Jell-O Wheat Bread</p>
<p><b>12</b> Baked Chick. Drumsticks Mashed Potatoes/Gravy Broccoli Peanut Butter Cookie Wheat Roll</p>	<p><b>13</b> Spaghetti &amp; Meatballs California Mixed Veggies Tossed Salad Melon Mix Garlic Bread</p>	<p><b>14</b> Grilled Raspberry Chicken Hot Peaches w/Granola Tossed Salad Carrot Cake Wheat Bread</p>	<p><b>15</b> Cowboy Stew Squash Hot Spiced Apples Wheat Roll</p>	<p><b>16</b> Salisbury Steak Sweet Potato Cauliflower Orange/Pineapple Cup Dinner Roll</p>
<p><b>19</b> Scallop. Chick. w/Mush. Rice Pilaf Sliced Beets Peaches Dinner Roll</p>	<p><b>20</b> Beef Stew w/ Potatoes Cauliflower w/Peppers Diced Fruit M&amp;M Cookie Baking Powder Biscuit</p>	<p><b>21</b> Quiche with Broccoli Cheesy Potato Casserole Carrots Watermelon Wheat Roll</p>	<p><b>22</b> Chick. Salad on bed of Tossed Salad Three Bean Salad Mandarin Oranges Brownie &amp; Wheat Roll</p>	<p><b>23</b> Rosemary Pork Roast Peas and Carrots Red Cabbage Pineapples and Grapes Wheat Bread</p>
<p><b>26</b> <b>MEMORIAL DAY</b> <b>CLOSED</b> </p>	<p><b>27</b> Cream of Broccoli Soup 1/2 Turkey Wheat Sand. Hot Applesauce Mixed Vegetables Chocolate Cake</p>	<p><b>28</b> Southwestern Goulash Squash Garden Blend Veggies Cantaloupe Bread Stick</p>	<p><b>29</b> Meatloaf Mashed Potatoes and Gravy California Mix Vegetables Tropical Fruit Wheat Bread</p>	<p><b>30</b> BBQ Pork Sandwich Hamburger Bun Baked Beans Carrots Chocolate Chip Cookie</p>

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## SERVICES AT A GLANCE

**Foot Clinic:** Tuesday, May 6,  
by Appointments only.  
Please bring a towel. \$15.00.

**Therapeutic Massage:**  
**Monday, May 12, 1:00 pm.**  
Half-hour massages for \$25.  
Appointments only.

### Other Services:

- Free computer/internet access
- A document shredder is available(1-inch stack of documents or less to shred)
- There are books, magazines, and puzzles available to borrow FREE from our library.
- Newcomer tours are offered by appointment.

## SENIOR FORUM

**Monday, May 5, 12:00 pm**  
If you would like a voice in how the Senior Center is administered and how we should look in the future, attend a meeting and share your ideas.

## TYPO, HUMAN ERROR, WE GOOFED!?

Occasionally, there may be an error in days, times, registration dates, or fees in the newsletter. When such errors occur, we will do everything possible to correct the situation promptly. We thank you for your patience and understanding. **Spot a typo or error and bring it to the office for a treat (the first 5 different errors).**

## BINGO

**Tuesdays, 10:00 am**  
May 6: Culver's  
May 13: Mulberry Glen  
May 27: City Bingo



### BINGO SPONSORS

Culver's and Mulberry Glen

### CITY BINGO SPONSORS:

Randy's \* Topper's Pizza \* Rick's \* Bergey Jewelry \* Headquarters Salon  
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Rosa's Pizza \* Jessica's Restaurant \* Taco Bell \* Dalee Water Cond.  
Mirage Hair Studio\* Dental Perfections\* Ketterhagen Ford \* Fairhaven  
Binning & Dickens Insurance \* Rocky Rococo Pizza \* McDonald's  
Fort Comm. Credit Union \* Eastsider/Westsider \* Walworth Co. Nutrition

## ACTIVITIES AT A GLANCE

**Bid Euchre**—Mondays 1:00 pm

**Bingo**—First, Second, and Fourth Tuesdays at 10:00 am

**Book Club**—First Monday 10:30; Books available at Starin Park

**Canasta**—First, third, and fifth Mondays 1:00 pm

**Chess**—Wednesdays, 1:00 pm; Beginners welcome

**Dominoes**—First Tuesday 11:45 am

**'FUN'ctional Fitness**—Mon & Thurs. 9:30 am; \$1.00 per class

**Golf**—8:30 tee times at Oak Ridge, Milton

**Ladies Poker**—First and third Wednesday at 1:00 pm

**Mah Jongg**—Mondays, 1:00 pm

**Potluck**—First Tuesday 11:15 am

**Pickleball**—Monday, Wednesday, and Friday 12:30-2:30 and Tuesday  
8:30—10:30 at the Downtown Armory

**Scrabble**—First Thursday, 1:00 pm; Third Tuesday, 10:00 am

**Sheepshead**—Tuesdays, 1:00 pm

**Texas Hold 'em Poker**—Ladies: First & Third Wednesday 1:00 pm

**Walk Away the Pounds**—Indoor walking, Wednesdays, 10:00 am

**Zumba Gold ®**-Wednesdays 12:45 pm, Downtown Armory. \$40.00 punch card or \$5.00 walk-in. Must be paid for at Starin Park.

## DON'T LET FINANCES KEEP YOU FROM PARTICIPATING

Scholarships are available for those who cannot afford the required fees for Seniors in the Park programs. Talk to Deb, if you are interested in applying for scholarship funds.

## SHARE YOUR TIME AND TALENTS

**2014 Accreditation Assistance**—Work Groups are being formed to look at different areas of Accreditation and will meet 2-3 times at your convenience. Most groups will tweak what is already in place. Work groups include:

- Purpose and Mission
- Advocacy and Partners
- Public Info/PR/Marketing
- Community Planning
- Programs and Evaluation
- Facility and Safety
- Volunteers
- Policies and Procedures.

You all have talents and knowledge, and I'm hoping you are willing to share yours with us.

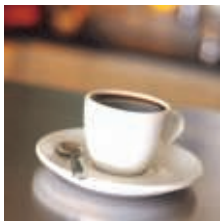
### Volunteer Connections

Trial Skills Academy - Mock Jury at the Abbey Resort in Fontana Tuesday, May 13 from 12:30 to 3:00. Wisconsin Public Defenders office practice picking a jury.

Please contact Patti O'Brien at [volunteerwalworth.org](http://volunteerwalworth.org) or phone 262-472-9632.



- \* **Bruce Parker, Tim Otterbacher, Jim Harmon, Gary Kiger, Pat Channing, and Bill McCormick** for helping to plan and volunteering to lead motorcycle trips.
- \* **Patti Grosskreutz, Mark Hargrove and Marion Malo** for keeping things running while I was on vacation.



## COFFEE WITH CAREGIVERS

Are you interested in facilitating a support group? Seniors in the Park is looking to start a *Coffee with Caregivers* support group. Bonnie Beam-Stratz from the *Alzheimer's Association* of Jefferson County is

willing to help guide someone from the local area to be a support group volunteer facilitator! Volunteer requirements include willingness to learn about Alzheimer's disease, strong listening skills, ability to redirect discussions and of course a sense of humor. If you are interested please call us at (262) 473 – 0535 for more information on the position or e-mail Bonnie at [bbeam@alz.org](mailto:bbeam@alz.org).



## UW-W CAMPUS GARDEN HELP

Help at the Campus Gardens in the Upham Hall greenhouse any of the following times in April or May: Monday, 10:00 -11:00 am; Wednesday, 8:00 am-noon; Friday, 10:00-11:00 am. In June, July, August, and September, the work will be at the garden site on Starin Road between the University

Bookstore and Ambrose Health Center Wednesdays, 8:00-10:30 am. The fresh, organic produce will go to the Food Pantry. For more information, call Wes Enterline: 472-6709, or email: [sustainability@uww.edu](mailto:sustainability@uww.edu). You can also friend them on Facebook: [uwwsustainability](http://uwwsustainability).



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## COORDINATOR'S COMMENTS

May is Older Americans Month and the theme this year focuses on Safety and Health. There are many ways to stay safe, from how

you arrange your home, to walking outdoors, to internet and financial safety.

- \* Regular physical activity improves your endurance strength, balance and coordination.
- \* Falls are one of the main reasons people end up losing their independence. Preventing falls is so important. Simple solutions to help avoid falls in the home include installing handrails and grab bars where they are helpful. Ensure you have enough lighting inside and outside your home. There are now many nightlight options. Make sure they are installed between your bed and the bathroom.
- \* Have your vision checked regularly. It's important for driving and navigating at home, the store or other public places.
- \* Be aware of how your medications interact with other prescriptions, over-the-counter meds, foods, alcohols and other medical conditions. How do they affect your balance or driving ability? Your pharmacist is a great resource. Ask questions!
- \* When driving eliminate distractions and stay focused on the road. Be truthful with yourself about when it is time to limit or stop driving.
- \* When cooking, wear tight or short sleeved shirts. Have smoke alarms in the cooking area and in bedrooms.
- \* When online, only go to trusted sites. Never give out passwords or other personal information online. Same goes for phone calls. Never give out personal information, if someone calls you. Tell them you do not do this and that you will call the company yourself. You can report scams or suspicious phone calls the Whitewater Police Department.

There are many ways to stay safe, healthy and independent and these are just a few recommendations. If this is important to you, visit the **Independent Living Expo on Thursday, May 1, at the Downtown Armory from 1 - 3 pm.**

## GREETING CARDS

We have a great selection of Graduation, First Communion, Confirmation, birthday, and everyday cards. Most cards are priced from 65 cents to \$1.50. Stop in and check out our selection.



## HAPPY MAY BIRTHDAYS TO:

- 4 Betty Sweno
- 11 Steve Baker
- 16 Jean Bromley
- 19 Thelma Robbins
- 27 Mark Dorn



If you want to be on our birthday list, let Deb or Susan know your birth month and day and correct spelling of your name, and you can be in the newsletter, too!

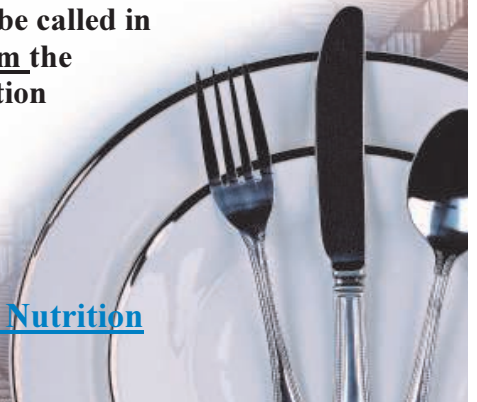
## LET US DO THE COOKING!

Enjoy good food, pleasant company, and a donation of only **\$3.00** for the meal. No dishes to do or a kitchen to clean! Those unable to afford the donation are still welcome as the donation is anonymous. Anyone 60+ and their spouse is welcome to attend. Nutrition Site meals are served at 11:30 am, Monday—Friday. The Nutrition Program will be at Brookdale on Wednesdays and Fridays, except the third Friday. To reserve a meal, call 262-473-0536 by noon a day in advance (call Friday for a Monday meal) or call Walworth County at 1-800-365-1587, ext. 3333 and leave your name, phone, and the meal site you would like to attend.

**Cancellations must be called in no later than 8:00 am the day of your reservation or the night before.**

Please call the Nutrition office at **262-741-3333** and leave your message.

[Walworth County Nutrition](#)





## THE LEGACY AND LESSONS OF THE AGE OF LINCOLN

**Mondays, 3:00 pm**

**Fellowship Hall, Fairhaven**

Nearly 150 years ago, the United States was in the middle of our bloodiest war. The young country looked to a brilliant Midwesterner, Abraham Lincoln, to lead them through the darkest hours of political and constitutional crises. What lessons have we learned from this time in American collective memory? How have the meanings of freedom changed for Americans since the Civil War and how has Lincoln's legacy shaped American political discourse today? All lectures are open to the public at no charge, and parking is adjacent to the building. Links to videos of lectures, including those from prior series can be found at <http://www.uww.edu/conteduc/fairhaven>

May 5 Federalism and the Secession Crisis of 1860-1861

Larry Anderson *Professor, Political Science*



## PARK BENCH TV SHOW

The May Show features Eric Compass who builds kayaks. The Park Bench airs daily at 7:00 am and select days at 6:00 pm on cable channel 98, digital 990 or online anytime at [www.whitewater-wi.gov](http://www.whitewater-wi.gov). Click on the **Multimedia** tab, then **Seniors-Park Bench** and you'll see all the episodes or click [HERE](#).

**PARKS & RECREATION:**  
[WWPARKS.ORG](http://WWPARKS.ORG)

## PIG IN THE PARK

**June 20-21**

**Cravath Lakefront Park**

The event last year was huge, fun and tasty! Put these dates on your calendar and stop down to the park for a mouth watering good time. More info next month.



## FRAN ACHEN PHOTOGRAPHY COMPETITION



Amateur and professional artists are invited to exhibit their photography at the fifth annual Fran Achen Photography Competition. Entry forms are available on the Whitewater Arts Alliance website [www.whitewaterarts.org](http://www.whitewaterarts.org), at the banks, ILY Library and the Cultural Arts Center. Cash

prizes are awarded in each division. The deadline for entry is June 20.

The opening reception will be July 13 from 1:00—4:00 pm and awards will be presented then. The exhibition runs from July 5-27.

## RECYCLING ELECTRONICS

Receive new electronics and want to dispose of your old? Seniors in the Park recycles cell phones, digital cameras, laptops, game systems, ipods, and cordless phones as a fundraiser. Bring the items to the Starin Park Community Building during our open hours. Large computers, monitors, and televisions can be recycled at the City Garage on Starin Rd. There is a large bin just inside the gate on the left side.

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## SENIORS IN THE PARK



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Fax ..... 262-473-0537  
Nutrition Site ..... 262-473-0536  
Hours....Mon-Thurs, 9:00 am-4:00 pm

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dweberpal@whitewater-wi.gov

### Volunteer Editor

Romelle Koch

### Director

Matt Amundson, CPRP

### Recreation & Community

### Events Coordinator

Michelle Dujardin, CPRP

### Sports Coordinator

Abby Schultz

Websites: [www.whitewater-wi.gov](http://www.whitewater-wi.gov)  
[www.wwparks.org](http://www.wwparks.org)

*Seniors in the Park is a division of  
Whitewater Parks and Recreation*

## NEWSLETTER SUBSCRIPTION OR PICK-UP SITES

To have the Seniors in the Park Newsletter mailed to your home for one year, send **\$8.00** with this coupon. To receive the newsletter **FREE**, go online to [www.whitewater-wi.gov](http://www.whitewater-wi.gov), click on Departments, then Seniors in the Park or [www.whitewaterbanner.com](http://www.whitewaterbanner.com) and look for the link in the left column or [www.seekandfind.com](http://www.seekandfind.com). The newsletter is available for pick up at the Starin Park Community Building, Municipal Building, the Whitewater Aquatic and Fitness Center, the Irvin L. Young Memorial Library and other businesses in Whitewater.

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